



SBRC Lap Pool

September 6th- September 11th

Pool schedule is subject to change. Please read the bottom of the schedule for anticipated changes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Lap Swim						
6:30am	4 lanes open 6:30-7:30 FHS Preseason						
7:00am							
7:30am							
8:00am							
8:30am		Lap Swim 6:00-12:30		Lap Swim 6:00-12:30			
9:00am							
9:30am							
10:00am							
10:30am							
11:00am							Lap Swim 8:00-2:00
11:30am			Lap Swim 6:00-5:45				
12:00pm	Lap Swim 7:30-5:45				Lap Swim 6:00-7:30	Lap Swim 8:00-4:30	
12:30pm		3 lanes open 12:30-1:30 H ₂ O Fitness		3 lanes open 12:30-1:30 H ₂ O Fitness			
1:00pm							
1:30pm							
2:00pm							2 lanes open 2:00-4:00 Open Swim w/ Diving Board!
2:30pm							
3:00pm							
3:30pm							
4:00pm		Lap Swim 1:30-4:00		Lap Swim 1:30-4:00			Lap Swim
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm	2 lanes open 5:45-8:30 Synchro		2 lanes open 5:45-8:30 Synchro				
7:00pm		2 lanes open 7:00-8:30 Water Polo		2 lanes open 7:00-8:30 Water Polo			
7:30pm							
8:00pm							
8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim			

SBRC Fall Hours begin Tuesday, September 6th

Facility Closed on Labor Day, Monday September 5th

9/19 FHS Preseason starts; 9/26 FHS extends to 4:00-5:30pm weekdays